

# Millet

An ancient grain. A modern success.



## This ancient grain's best days are ahead

Millet is a wonderfully versatile, on-trend and gluten-free, plant-based ingredient. As a whole seed, it adds a soft crunch or a pop to the texture of breads and snacks. In a flour format, it helps create a delicate, cakey crumb and a light golden color, perfect for gluten-free baked goods. Its mild, nutty flavor is very similar to cornmeal.



**This is what makes Ardent Mills different**—we know ancient grains. Our team of dedicated experts can help you formulate and innovate with this growing ingredient. We process millet in certified gluten-free facilities, helping support the more than 30% of consumers who are actively making food choices to follow a gluten-free diet.<sup>1</sup>

### Applications

- |                         |                     |
|-------------------------|---------------------|
| Bread & rolls           | Grain bowls & sides |
| Gluten-free baked goods | Bars & crackers     |
| Pastas                  | Cookies & snacks    |
| Cereals                 | Coatings            |
| Wraps & tortillas       | Pet food            |

### A climate-resilient crop

Proso Millet is a quickly maturing crop that can produce grain with less water and under more marginal growing conditions than most mainstream cereal grains<sup>2,3,4</sup>



**Ask your representative about the ways this ancient grain is feeding the world and may help feed your bottom line.**

### Our product offerings

MILLET	SEED	FLOUR	RICE BLEND	MULTI BLEND	PACK SIZES	AVAILABILITY	PRODUCT HIGHLIGHTS
<b>Hulled Millet</b>	●	●	●	●	<ul style="list-style-type: none"> <li>Small pack</li> <li>Foodservice/bulk: 25 lb.</li> <li>Industrial: 50 lb., 2000 lb. totes</li> </ul>	<ul style="list-style-type: none"> <li>Available in conventional</li> <li>Available in organic</li> </ul>	<ul style="list-style-type: none"> <li>Non-GMO</li> <li>Whole grain</li> <li>Ancient grain</li> <li> Ardent Mills Proudly Supports Family Farms™</li> </ul>



Ardent Mills is transforming how the world is nourished. As the premier flour-milling and ingredient company with more than 40 locations focused on traditional wheat, quinoa, chickpeas, pulses, organic and gluten-free products, we cultivate the future of food to help our customers and communities thrive.

See what's next in Millet



**Looking for application ideas, recipes or more about millet? Snap a photo of the code or contact [info@ardentmills.com](mailto:info@ardentmills.com) and 888-680-0013 today.**

<sup>1</sup> Ardent Mills Proprietary Research  
<sup>2</sup> Goron, T. L., & Raizada, M. N. (2015). Genetic diversity and genomic resources available for the small millet crops to accelerate a new Green Revolution.  
<sup>3</sup> Ventura, F., et al. (2022). An assessment of Proso Millet as an alternative summer cereal crop in the Mediterranean Basin.  
<sup>4</sup> Antony Ceasar, S., & Maharajan, T. (2022). The role of Millets in attaining United Nation's sustainable developmental goals.